Questions to answer throughout the day:

What is the market doing?

What is the market trying to do? LastPrice DailyVolu ATR 2 min (How well is it getting it done? 06:30:22 AM .17.8 :1 NYSE | -8.65 :1 NASD 1667.50 301,667 0.788 Locals sold paper bought open 06:35 Ben: DEC S&P opening range 1670-1667.50 ES OPEN Range 1674 – 1766.75

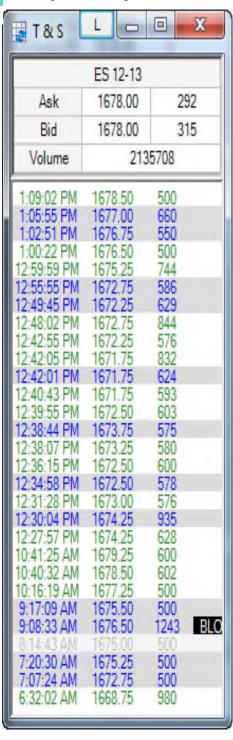
1.1 -5.77 :1 NYSE | -6.26 :1 NASD | 1671.75 | | | | | | | | | | | | 07:00:29 AM 2.85 :1 NYSEI-1.88 :1 NASD 1676.50 768,866 1.07 08:00:43 AM 0.946 -2.49 :1 NYSE | -1.48 :1 NASD 1678.25 985,467 09:00:28 AM 0.779 10:01:27 AM 2.63 :1 NYSE -1.71 :1 NASD 1676.25 1,371,04 1.09 11:00:46 AM 2.2 :1 NYSE j-1.57 :1 NASD 1676.75 1,516,17 1.09 12:00:19 PM -2.51 :1 NYSE | -1.55 :1 NASD 1675.75 | 2,026,84 1.44 01:00:38 PM Paper buys large on CC. -2.47 :1 NYSE -1.55 :1 NASD 1678.00 2,135,70 01:15:27 PM 1.4

LOCALS Sell to paper on PC

13:20 Ben: SP500 pit session closed pit HOD 1680.90 LOD 1667 settle 1674.30

ES Opening 15 MIN Range = Hi	1674.00	DELTA
Lo	1666.75	7.25
VAL <u>Hlgh</u> -	1685.50	
POC -	1685.00	
VAL Low -	1682.50	3.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	301	
10	505	204
11	768	263
12	985	217
1	1134	149
2	1371	237
3	1516	145
Cash CLOSE	2026	510
PIT CLOSE	2135	109

Elephant Stomps/TINYS



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SP_Pit Opening Range =	1670.00	DELTA
Sp Pit	1667.50	2.50
SP_Pit Day High -	1680.90	,
Day Low -	1667.50	13.40
Settle -	1674.30	
Net Change -	-12.10	

What I did well today: - Bed on time.

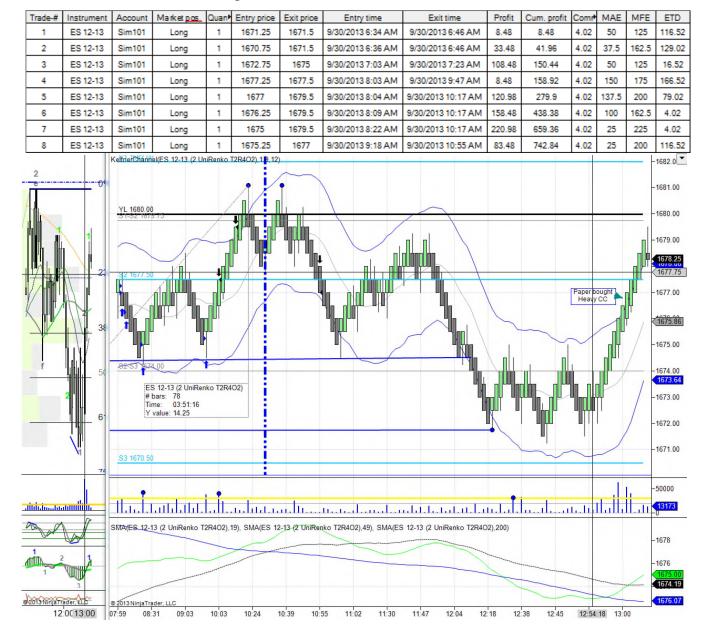
- Did not overtrade.
- Came close to limit up for day.

What could I have done better:

- Still felt need to trade SIM/ Need to trade live
- Some bad habits as lax on placing stops at times, need to place stops IMMEDIATELY.

What will I do tomorrow to make things better: - Be sure to get full nights sleep.

- Check calendar before market open – Trade LIVE TOMORROW.



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